



BREAKFAST MENU

HAPPY EGGS

EGGS BENEDICT £12.25

Poached eggs, cured Wiltshire ham and harissa hollandaise on an English muffin **622 kcal**

Go: gluten free (gf) Swap your muffin for gf toast **634 kcal**

EGGS ROYALE £13.25

Poached eggs, smoked salmon and nut pesto hollandaise on an English muffin **562 kcal**

Go: gluten free (gf) Swap your muffin for gf toast **573 kcal**

WORLD BREAKFAST PLATES

FRENCH TOAST (V) £11.50

Brioche french toast topped with labneh, fresh fig, honey, za'atar and omega seeds **504 kcal**

HUEVOS RANCHEROS £12.25

Soft tortilla with mushrooms, black beans, Cheddar cheese, avocado, pico de gallo, Cayenne ranch and fried eggs **978 kcal**

BREKKIE BURRITTO £11.50

Scrambled eggs, Cumberland sausage, black beans, chilli, pico de gallo, cheese, and jalapeños. All served in a flour tortilla **829 kcal**

Add: Crispy cubed potatoes **+£4.75 409 kcal**

WE AIM TO SERVE ALL DISHES IN 10 MINUTES!

Let your server know if you're in a hurry or ask for the bill. when ordering.

GO CONTACTLESS

PAYATGIRAFFE.COM

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OR use contactless card payment



CLASSIC BREAKFASTS

BIG ENGLISH BREAKFAST £16.00

Double bacon, double Cumberland sausages, mushrooms, roasted plum tomatoes, hash browns, baked beans and eggs

Choose: Fried eggs **1127 kcal**

Scrambled eggs **1059 kcal**

GIRAFFE BREAKFAST PLATE £12.25

Bacon, Cumberland sausage, mushrooms, roasted plum tomato, hash brown, baked beans and eggs

Choose: Fried eggs **736 kcal**

Scrambled eggs **666 kcal**

GLUTEN FREE BREAKFAST (GF) £11.75

Eggs, roasted plum tomato, baked beans, mushrooms, smashed avocado and bacon

Choose: Fried eggs **769 kcal**

Scrambled eggs **701 kcal**

VEGGIE BREAKFAST PLATE (V) £13.25

Smashed avocado, veggie sausages, mushrooms, roasted plum tomato, hash browns, baked beans and eggs

Choose: Fried eggs **884 kcal**

Scrambled eggs **816 kcal**

Go: vegan (vg) Swap your egg for another veggie sausage **785 kcal**

FULL WORKS BAP £9.75

Double bacon, Cumberland sausage, hash browns and a fried egg **906 kcal**

Add: Crispy cubed potatoes **+£4.75 409 kcal**

GIRAFFE BREAKFAST HASH £12.75

Crispy cubed potatoes with Cumberland sausage, fried red peppers, onions, fresh red chillis, padron peppers and spinach tossed with house breakfast sauce. All topped with a fried egg and our Cayenne ranch **823 kcal**

ADD ONS

TOAST & PRESERVES £3.75

Served with butter and a condiment of your choice (Ask your server for our selection)

Choose: White toast and butter (v) **339 kcal** |

Brown toast and butter (v) **350 kcal** | Gluten free

toast and butter (gf) (v) **305 kcal**

CRISPY CUBED POTATOES (VG) £4.75 409 kcal

HEALTHY MORNING

GRANOLA (V) £7.75

Crunchy granola with thick Greek-style yoghurt, strawberries, blueberries and pomegranate seeds

403 kcal

SALMON & CREAM CHEESE £12.00

Smoked salmon with a lemon & dill cream cheese and cucumber ribbons. Served on a toasted brown bloomer **349 kcal**

Go: gluten free (gf) Swap your bloomer for gluten free toast **433 kcal**

ROASTED PLUM PORRIDGE (V) £6.75

A fruity twist on the traditional breakfast porridge - served with roasted plum, raisin granola and drizzled with delicious honey. Made with your

choice of water **415 kcal**, oat **628 kcal**,

coconut **530 kcal** or semi-skimmed milk **586 kcal**

AVOCADO SMASH (VG) £11.00

Toasted brown bloomer topped with smashed avocado, pomegranate and omega seeds **352 kcal**

Add: Poached eggs (v) **+£2.75 155 kcal** | Halloumi (v)

+£2.75 301 kcal | Smoked salmon **+£3.75 92 kcal**

Go: gluten free (gf) (v) Swap your bloomer for gluten free toast **436 kcal**

AMERICAN STYLE PANCAKES

NUTELLA & BANANA (V) £11.50

With Nutella® and banana **827 kcal**

THE MAPLE BUTTER (V) £11.50

With creamy maple butter and maple syrup **960 kcal**

APPLE & CINNAMON PANCAKES (V) £11.50

With an apple & cinnamon compote, cherry compote and maple syrup, sprinkled with a crunchy granola **770 kcal**

FRESH BAKED PASTRIES

ALMOND CROISSANT (V) £3.00 391 kcal

CHOCOLATE CROISSANT (V) £3.00 426 kcal

DANISH (V) £3.00 426 kcal

PLAIN CROISSANT (V) £2.50 352 kcal

PAIN AU CHOCOLATE (V) £3.00 376 kcal

PAIN AU RAISIN (V) £3.00 325 kcal

v - Contains no meat or fish vg - Contains no animal products gf - these dishes do not contain gluten as an ingredient

We advise you to speak to a member of staff if you have any food allergies or intolerances.

Full allergen information relating to our menu items can be found at www.restaurantallergens.com/giraffe.

Adults need around 2000 kcal per day.

SUNSHINE SMOOTHIES

SMALL **6.00** LARGE **6.50**

Our smoothies are made from fruit and blended with cloudy apple juice to make a delicious icy fruit drink.

STRAWBERRY SPLIT

A luscious mix of strawberries and banana blended with cloudy apple juice **189 kcal / 253kcal**

PASH 'N' SHOOT

A delicious tropical concoction of passion fruit, pineapple and mango, blended with cloudy apple juice **158 kcal / 182 kcal**

KALE KICK

Queen of the greens! Kale, spinach and mango blended with cloudy apple juice **156 kcal / 179 kcal**

PINEAPPLE PUNCH

A perfect mix of pineapple, mango, kiwi, strawberry and blended with cloudy apple juice **165 kcal / 189 kcal**

MELON LUSH

A dynamic combination of melon and luscious strawberries blended with cloudy apple juice **130 kcal / 154 kcal**

PROTEIN PUNCH

A great tasting fruity Protein boost combining whey protein, spirulina, chlorella and a crop of summer fruits **185 kcal / 209 kcal**

BREKKIE SMOOTHIE

Rise and shine with gluten free rolled oats, flax seeds, blueberry, raspberry and banana **367 kcal / 391 kcal**

THIRST QUENCHERS

FRESH LEMONADE WITH MINT 3.75

Cloudy and refreshing **98 kcal**

SUNSHINE COAST ICED TEA 4.25

Ice cold chamomile and green tea with mango, lime and fresh mint **102 kcal**

POMEGRANATE ICED TEA 4.25

Served ice-cold with a little lemon, pomegranate juice and fresh mint **85 kcal**

FRESH ORANGE 4.00 127 kcal / 5.50 170 kcal

CLOUDY APPLE JUICE 4.00 160 kcal / 5.50 213 kcal

PINEAPPLE 3.25 185 kcal / 4.25 247 kcal

POMEGRANATE JUICE 3.25 160 kcal / 4.25 213 kcal

CRANBERRY JUICE DRINK 3.25 85 kcal / 4.25 113 kcal

APPLE JUICE 3.25 160 kcal / 4.25 213 kcal

ORANGE JUICE 3.25 194 kcal / 4.25 215 kcal

TOMATO JUICE 3.25 68 kcal / 4.25 91 kcal

STILL WATER 3.00 0 kcal

SPARKLING WATER 3.00 0 kcal

DIET COKE 4.25 1 kcal

COKE ZERO 4.25 1 kcal

FANTA ORANGE ZERO 4.25 5 kcal

SLIMLINE LEMONADE 4.25 5 kcal

COCA COLA 4.50 182 kcal

GLASS OF MILK 1.75 167 kcal

COFFEES

FLAT WHITE 4.25 108 kcal

ESPRESSO SINGLE 3.25 0 kcal

MACCHIATO SINGLE 3.25 7 kcal

CAPPUCCINO 4.25 147 kcal

PICCOLO 2.75 74 kcal

AMERICANO 3.25 12 kcal

CAFFÈ LATTE 4.25 147 kcal

CLASSIC ICED COFFEE 4.25 0 kcal

Coconut and oat alternatives available

OTHER CUPPAS

HOT CHOCOLATE 4.25 227 kcal

+ Marshmallows +1.00 33 kcal

YORKSHIRE TEA 3.25 12 kcal

TEAPIGS 3.25 0 kcal

Please ask your server for the selection of teas available

'MOROCCAN' FRESH MINT TEA 3.25 4 kcal

ADD ONS 1.00

+ Vanilla 85 kcal, hazelnut 86 kcal or caramel syrup 85 kcal

We want you to have a great time... every time! If your experience has been anything less than that, please speak to a member of our team who will be happy to help you or you can tell us immediately (by all means, let us know when we get it right too!) at airports@giraffe.net

(V) These dishes are made from ingredients that do not contain meat or fish. (VG) These dishes are not made with any animal products. However we do not have a dedicated preparation or cooking area for vegetarian or vegan food. GF dishes are made from products which do not contain gluten as an ingredient. If you have a specific food allergy or food intolerance, please advise your server before ordering who will provide you with our allergen guide. Please note whilst our teams adhere to the strict controls that we have in place, we do prepare food in a kitchen where nuts, cereals, eggs and all other allergens are present and we therefore cannot guarantee that our dishes will be free from traces of other ingredients. Adults need around 2000 kcal per day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For the latest calorie information please visit our website

We accept Visa, Mastercard and American Express. All major currencies are accepted. All our prices include VAT at the current rate. Giraffe airports are franchised and operated by The Restaurant Group PLC.

For all allergy information visit:

